DOCUMENT RESUME

ED 281 641 PS 016 505

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TITLE Toddler Tales. [Pamphlet Series.]
INSTITUTION New Hampshire Univ., Durham. Cooperative Extension Service.
SPONS AGENCY Department of Agriculture, Washington, D.C.
PUB DATE 86
NOTE 33p.; Printed on colored paper.
PUB TYPE Guides - Non-Classroom Use (055)

EDRS PRICE MF01/PC02 Plus Postage.
DESCRIPTORS *Discipline; *Language Acquisition; Nutrition; *Personality Development; *Physical Development; Play; *Safety; *Toddlers

ABSTRACT

Eight pamphlets provide information to parents about the developmental characteristics of toddlers at different ages and related caregiving concerns. Two issues of the series focus on children 13- to 15-months-old, two on 16- to 18-months-old, two on 19- to 21-months-old, and two on 22- to 24-months-old. The first issue in each pair focuses on physical, language, and personality development, and the second, on discipline, tips on safety, food and nutrition, and age-appropriate play activities. Cooperative extension service offices in New Hampshire are listed, along with the names, addresses, and phone numbers of contact persons. (RH)

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Cooperative Extension Service
Durham, NH 03824
University of New Hampshire

13-15 Months
Issue 1

ED281641

TODDLER TALES

Mary W. Temke, Ph.D
Extension Specialist, Human Development

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Dear Parent:

Your child is now starting her second year of life! In 12 short months, she has grown from a fragile and helpless newborn to a child who is beginning to talk and move from place to place on her own.

In the months ahead, your toddler's development won't be changing quite as rapidly as it did in the first 12 months. But you will see her grow and improve the basic skills she's already starting to show.

How Does Your Little One Grow?

Physical Development

"There he was, crawling on the coffee table and grinning from ear to ear. If I live to be a hundred, I'll never know how he got up there!"

"I had a sixth-sense feeling that she was into something — then, just as I came around the corner she pulled over the plant stand. She looked so pleased with herself in the midst of pots and dirt and plants!"

The First Step

At 13 months of age, your child may be crawling on his hands and knees and pulling himself up to a standing position. Or he may be "cruising" around furniture by walking along holding onto sofas, chairs and tables at his level. Some children are already walking at 1 year of age.

Remember, though, each child is unique. Most toddlers before taking those first steps must: 1. be able to creep and crawl, 2. gain strength in their legs, and 3. gain confidence in themselves to move around without holding onto anything. Be patient and relaxed because once your child discovers he can walk, you won't be able to stop him!

PS 016 505

Don't Fence Me In!

Try not to barricade your child with fences, play pens and lots of "no's" at this time. You will be keeping him from strengthening his muscles needed for walking and for exploring the world in which he lives. By crawling onto, over and under chairs and tables, and by pushing, pulling, rolling, crumbling and bouncing his toys and other household items, he is learning about himself and his surroundings. He's learning about objects and what happens to things when he does something to them. "Plates break and make a loud noise when I drop them on the floor." "Cushions move up and down when I bounce on them." "The dog growls when I pull her tail!" The child cannot put into words what he is learning, but he is learning.

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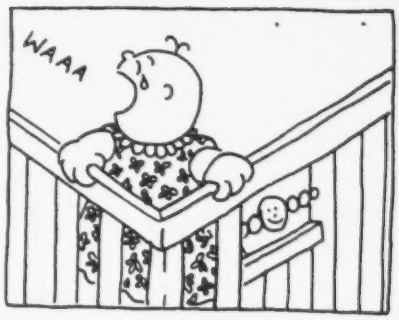
In order to encourage your child's movement and exploration, while protecting both your precious objects *and* your child, you can "baby-proof" your home. Store the antique candy dish, elevate or remove the plants and put throw covers over your good sofa and chairs. And keep in mind that it is impossible to have a clean and neat home when you have a toddler!



Language Development

"Ma-ma", "Da-da." You beam as your toddler says these wonderful words!

The First Words

Children differ in when they start to talk and how quickly they add new words to their vocabulary. Also, your child may be walking a lot but hasn't spoken her first word. Your friend's son, on the other hand, may be talking but hasn't started to walk. Toddlers are all different and follow their own schedule!

Most children will say their first word between 12 and 18 months of age. The word may be "Ma-ma" or "Da-da." Or it may be the name of a piece of clothing, a toy or a pet if you have been naming these as you talk to your child.

Here are a couple of points to keep in mind as your child begins to use language:

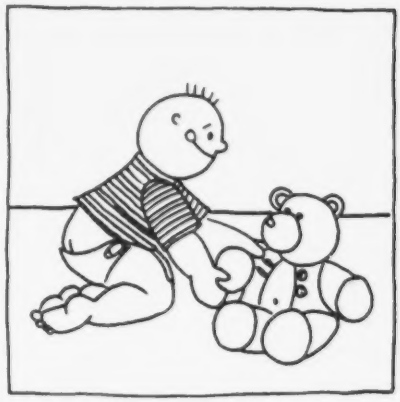
- Just as you understand many more words than you use in everyday conversation, your toddler understands more words than she can speak.
- Infants often learn to say one word and use it for many different things. "Up." may mean "I want you to pick me up.", or "The cookie is up there.", or "An airplane is flying up in the sky.". You will need to figure out what your child is trying to say!
- As you play and care for your child, tell her the names of her toys, household items and clothes. Practice naming face and body parts — eyes, ears, nose, mouth, arms, legs. Naming parts of the body helps your child learn new words and learn about herself.
- Do not rely on TV to teach your child language. TV doesn't smile at or talk back to your child when she speaks to it.
- Be a good model for your toddler to copy. Do not use baby talk or the same sounds that your child uses when she talks to you. Speak clearly and correctly and praise your child's attempts to talk like you.

Personality Development

Can you remember the feelings of independence and freedom which you experienced when you first received your driver's license? As your child moves into his second year of life, he also begins to experience feelings of independence and freedom. He can now walk and eat some foods by himself, and he may begin to use the words, "No.", "Me Do.", "Mine.". He can now make choices — to clutch his teddy bear close to his chest or to throw it across the room. Your child is showing you in all these ways that he is becoming an independent person.

Self-Help Skills

One of your goals as a parent is to help your toddler become independent in many ways. Eating, bathing, brushing teeth regularly, toileting and washing hands before meals are all examples of self-help skills. However, it will take several years before your child becomes totally independent when performing these skills.



These hints will help him along:

- When you clean your child's teeth with a very soft brush or clean wash cloth, allow him to play with the washcloth when you are finished.
- When you dress your toddler, describe what you are doing. "Hands up high. Now your arm goes into the hole, and we button all the buttons. You're all dressed!" He won't understand the words right away. But as language develops and he repeats the actions, he will start to cooperate with you.
- Buy clothes with big buttons, big zippers and big necks which will slip easily over his head. In a few months you will be able to start the zipper or push the button halfway through the button hole, and your toddler will finish it himself.
- When you buy clothes with buttons, be sure they button in the front rather than in the back. Your toddler can then practice using buttons.
- Provide your child with dolls which have clothes. He can pratice taking off and putting on clothing. And, parents, do not keep your sons from playing with dolls. They are learning useful skills by this type of play. Remember, children learn what it means to be a male or female in our society from *your* behavior, not from the dolls!

Temper Tantrums

Temper tantrums may begin to occur when children are 12 to 15 months of age. Children may scream, cry and lie on the floor kicking. The cause of temper tantrums is unclear; perhaps children become frustrated or tired or are trying to get your attention.

What should you do when your child throws a temper tantrum? If your child is in a safe place, for example, on the carpet in the middle of the living room, you can ignore her. Don't hold, smile at, scold or talk to her.

What should you do if you are in a public place, such as in the supermarket, where your child might hurt herself or where you are feeling very embarrassed? Pick her up in a matter-of-fact way and carry her to a safe place, such as a grassy spot or the back seat of your car. Then ignore her. When your child has calmed down, invite her to play or do whatever you were doing before the tantrum began.

This advice is never easy to follow. Nevertheless, over time, tantrums will become shorter in length and fewer in number *if* they end without you paying attention to your child. After the tantrum ends, do not lecture your child, scold her or talk about the situation. Go on with your life!

Look Forward To —

Discipline, tips on safety, food and nutrition, and activities in *Issue 2 of Toddler Tales, 13-15 Months.*

Need Some Additional Information?

If you have questions about your toddler and have not been able to find the answers, please call the Home Economist at your county Cooperative Extension Service. You will be helped directly or put in contact with people who can answer your questions.

Adapted from *You and Your Baby*, The Pennsylvania Cooperative Extension Service; *Crib Courier*, The Arizona Cooperative Extension Service; *Nourishing and Nurturing Two-Year-Olds*, New York Cooperative Extension Service.

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Cooperative Extension Service

Durham, NH 03824

University of New Hampshire

13-15 Months
Issue 2

TODDLER TALES

Mary W. Temke, Ph.D
Extension Specialist, Human Development

Dear Parent:

Discipline

Have you ever asked yourself, "How many times today have I said 'No.' to this baby?" "No, don't crawl up there.", "No, you can't play with the kitty.", "No, you can't have your sister's toy." "No, Daddy doesn't want you to play with his stereo."

Here are some ways of asking your toddler to stop doing something without saying "No.":

- "Come and help me set the table." can be used instead of "No! Get away from the stove.".
- As your toddler picks up a package of cigarettes left lying on the coffee table, say, "Bring it to Daddy!" instead of "No, don't touch that.".
- If the infant is toddling toward the busy street, pick up the child and redirect her to the yard saying, "You can walk in the yard!" instead of "No, don't go in the street.".

At first, it is hard not to say "No.". But keep asking yourself, "How can I tell my child what I *want* her to do, rather than saying *no* to what I *don't want* her to do?".

At times, your child may be in a situation where she may hurt herself. For instance, she is climbing up the front of a bookcase. Say "No.", pick her up and put her in a safe place, such as on a carpeted area of the floor. This should be done every time she tries to climb the bookcase. Do not yell at, scold or hit her. At this age, your child will learn not to climb the bookcase if you calmly repeat your behavior.

Remember, limit the use of the word "no" to when your child is in immediate danger of hurting herself or others. Or use "No." only to prevent your child from touching a few valuable items in your home which you can't remove; for example, the TV and the stereo. Otherwise, physically redirect your child to safe and acceptable activities and tell her what you want her to do. When she is doing what you want her to do, give her hugs, kisses and praise, "You're playing with your teddy bear! That's fun!".

How to Say "No!"

Tips

Here are some safety tips to keep in mind:

Safety

- Use a rubber mat in the tub to avoid falls during bath time.
- Keep low windows locked so your child cannot open them and crawl or fall out.

- Think about keeping doors locked. Now that your child can stand, he is likely to begin to turn doorknobs. A hook which can be reached only by adults can be used to keep doors securely locked.
- Keep a screen or barrier around wood stoves and fireplaces.
- Keep household cleaners, bug spray, medicines, alcohol and all poisons locked up. The toll free number of the New Hampshire Poison Control Center is: 1-800-562-8236.

Car Safety

Car crashes are the biggest danger to your child's life and health. Remember, it is important to use a safety seat *every time* your child rides in a car. For more information on the types and use of child safety seats, write or call:

Child Passenger Safety Program
Dartmouth Medical School
Maternal and Child Health
Hanover, N.H. 03756
(603) 646-5687

Food and Nutrition

Weaning from Breast or Bottle

There is no perfect time to give up the breast or bottle. Nursing or sucking on a bottle not only gives your child nutrients but also provides emotional comfort and satisfaction.

Breast milk or formula can provide for all of your baby's nutritional needs for the first 4 or 5 months of life. At that age he needs supplemental foods to insure proper growth.

The length of breastfeeding depends on a mother's desire to continue, a baby's cooperation, work schedules and continuous feeding to stimulate milk production.

Weaning from the breast should be done gradually to minimize discomfort for both you and your child. Elimination of 1 feeding at a time every 2 weeks or so works well for some mothers. A bottle or cup may be substituted for that feeding depending upon the age of your child. As feeding is decreased, milk production will decrease.

Breast or bottle feeding may continue for a year or longer. While your child continues to nurse, he can be developing skills in drinking juice or water from a cup.

Your toddler may be reluctant to give up a bottle at first. If so, it may help to divide the daily amount of milk between the bottle and the cup. Let him know that juice and daytime milk will be in a cup while the bottle may be retained at bedtime for a time. After 1 year, whole milk may replace formula in the bottle.

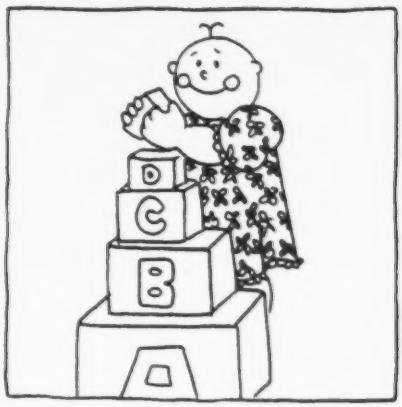
Appetite

Toward the end of the first year or early in the second year of your child's life, you might notice a sudden drop in the amount of food he eats. Do not be alarmed by this. Infants grow and gain weight very, very rapidly during the first year. As they begin the second year, they continue to grow and gain weight, but somewhat more slowly, so they will not eat as much food. Now that you know this, you won't need to worry if your child does not eat as often as he did until now.

Write down a list of what your child eats each day including snacks and drinks. Then if you think that your child is not eating well enough, you can show your physician or dietitian just what the child has eaten. They will be able to help you decide whether all is well or what to change.

Check with your pediatrician on how much milk your child should drink. Many toddlers do not eat because they fill up on milk.

A child who is offered a wide variety of nutritious food is not likely to starve. Your calmness and good example will help you through this time more easily.

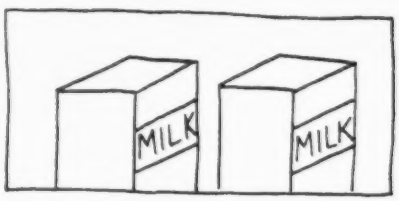


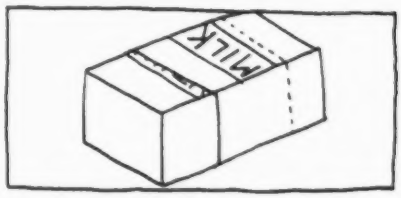
Activity

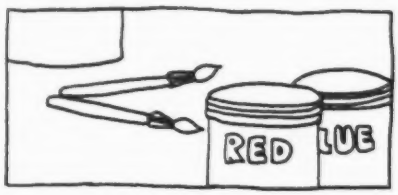
Playing with blocks is an activity which will never go out of style with young children. Blocks allow the child to create or build what she wants to build. And, she feels as if she can master and control some of her world when she can kick over her creation and then build it up again. It provides physical activity at an age when children need plenty of exercise, and it helps them learn about the relationship among objects of different sizes and shapes.

Here is a way to make inexpensive, sturdy and safe blocks for your toddler:

1. Save milk and cream cartons of different sizes (pint, quart, half gallon). Wash thoroughly.
2. Cut off the tops so that you have an open-ended rectangle.
3. Fit one milk carton inside another of the same size to make a strong block. Cut one corner of one carton so that you can make it fit into the second box.
4. Tape around the block with masking tape to hold the two cartons together.
5. Optional: Paint blocks with non-toxic, lead-free, powdered paint.







Look Forward To -

Physical development, language development, and personality development in *Issue 1 of Toddler Tales, 16-19 Months.*

Need Some Additional Information?

If you have questions about your toddler and have not been able to find the answers, please call the Home Economist at your county Cooperative Extension Service. You will be helped directly or put in contact with people who can answer your questions.

Adapted from *You and Your Baby,* The Pennsylvania Cooperative Extension Service; *Crib Courier,* The Arizona Cooperative Extension Service; *Nourishing and Nurturing Two-Year-Olds,* New York Cooperative Extension Service.

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(603)447-5922

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(603)352-4550

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Lancaster, N.H. 03584
(603)788-4961

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North Haverhill, N.H. 03774
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Woodsville, N.H. 03785
(603)787-6944

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Route 13 South
Milford, N.H. 03055
(603)673-2510

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Cooperative Extension Service

Durham, NH 03824

University of New Hampshire

16-18 Months
Issue 1

TODDLER TALES

Mary W. Temke, Ph.D.
Extension Specialist, Human Development

Dear Parent:

How Does Your Little One Grow?

Your toddler is going through a lot of growth as he approaches the 1½ year mark. Your toddler may be taking his first steps at this time. His arm and hand control is also improving. How many times have you felt at the end of your rope from picking up toys he has thrown out of his play pen? You *know* he is practicing his arm and hand coordination!

You also may find your child's personality beginning to change during the next few months. Does he become impatient and begin to cry if you don't come as soon as he calls you? Or does he get upset and scream if he's having trouble stacking his blocks? And have you noticed that he disobeys you at times? It is a difficult time for both parents and their toddlers! Your child is becoming independent. He knows what he wants to do and becomes frustrated when he can't do it. He is trying to find out about his world, including your rules as to what he can and can't do!

Physical Development

Individual Differences

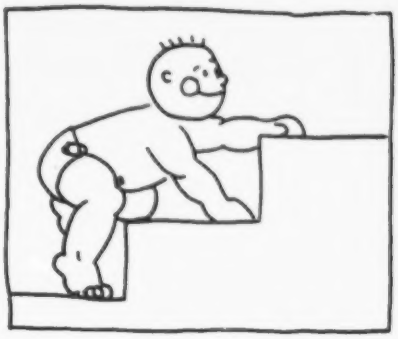
Since children change so rapidly during the first year of life, individual differences among children may not be so noticeable. In the second year, though, differences become more apparent. Some children walk at 9 months, and others wait until they are 18, 20 or 22 months. An occasional child is completely toilet trained by 18 months, while others are not even aware that a toilet exists! Some children have vocabularies of 100 words and speak in complete sentences at 14 months. Others have not said their first word.

Are you worried that your child is not developing as quickly as your friend's child? To ease your mind, remember that your child is an individual with her own timetable of development.

Ask yourself, "Is my toddler following a sequence or pattern of development? Is she sitting up alone, crawling on her hands and knees, pulling herself to a standing position?" If she is doing these, she is following the normal sequence of physical development. She is developing at her own maturation rate. Another point to remember is that children often slow down in one area of development while they speed up in a different area. For example, your 16-month-old child may not talk, but has been walking for 5 or 6 months.

Keep notes in your baby book as to when your child performs a new skill. Then if you *do* have concerns, you can refer to the book when discussing your toddler's growth with your pediatrician or nurse during check-ups.

Keep In Mind



As your toddler becomes more active, you probably are looking for some ideas about how to safely encourage your child's development. Here are a few ideas to keep in mind:

- Stairs are dangerous for children who are beginning to walk. But how will your toddler learn to climb stairs if she never has a chance to practice? To teach your child, place a gate across the third or fourth step. Put a favorite toy on the third step and encourage her to crawl up to get it. Then call her back to you. At first, you will need to hold onto your child as she crawls up the stairs. And you will need to help her learn to crawl down backwards. With practice, she will want to try it by herself. When she is able to climb two steps, move the gate up to the next step, and so on.

- Here is a "mental health" tip for you! Do not put all your child's toys out at one time. Keep several boxes of toys with a few toys in each box. Put one box out for a while. As your toddler gets tired of those toys, collect the first set. Now, bring out the second set. This may help keep him more interested in his toys and keep your tension level down!

- The energy level of toddlers is generally much higher than that of adults. But late in the morning (about 10:30 to 11:30) and in the afternoon (about 3 to 4), the rate of accidents to children increases. This may be due to fatigue and the onset of hunger. If your child is eating well at mealtimes, you can consider giving her a nutritious snack around 10:30 a.m. and 3 p.m. A glass of fruit juice and a *snack* could be a boost for you and your child! Share some time together. Talk about your snack, relax and get ready for the rest of the morning or afternoon.

Language Development

Does your toddler remind you of some teenagers whom you know? Perhaps he reminds you of yourself when you were 14 years old. Your toddler may be using the word "no" to disobey you, to refuse to do something or to get something to stop. Just as it is normal, although frustrating, when teenagers show independence by saying "No." to their parents, it is normal for your toddler to demonstrate his independence!

Your toddler will show you he's learning in other ways, too. He may point to pictures in books and magazines and name them. He may be starting to follow simple instructions such as,"Please hang up your coat." or "Please bring me your teddy bear.".

Your toddler may be frustrated at times when he can't express what he wants or feels. If your toddler has a problem, for example, he can't find his doll, help him solve the problem himself. Make sure you know what the problem is — his doll is lost. Then suggest where he might find it rather than getting it for him. Praise your child when he finds his doll. "You found your doll! Now you can have fun playing with him again!"

Personality Development

Toilet Training

Many people believe that once children pass their first birthday they are ready to be toilet-trained. In fact, however, at 15 to 18 months most children are still too young to be concerned about toilet training. Most children at this age are not physically capable of controlling their bowels and bladder. They will not be physically ready until they are 2, 2½ or 3 years of age. Here are some things you can do in the meantime to begin to prepare you child for toilet training.

- Complete self-toileting means more than eliminating into a toilet. You will want your child to be able to pull down his pants and underpants and pull them up when he is finished eliminating. So for now, you can be helping your child learn to dress and undress without worrying about toileting.

- Have you noticed how your child tries to do things which you do? If you allow your toddler to watch his brothers or sisters or yourself use the bathroom, he will start to see that eliminating in the toilet is a natural and expected "grown-up" behavior. As your toddler matures physically and is able to control his bowels and bladder, he will know from watching that using the toilet is what is expected of him.

- Let your child help flush the toilet. He will learn that the toilet is flushed after someone eliminates and not to be afraid of the toilet.

- If your child takes off his diaper and plays with his stool, do not react with horror and scold him! This is a natural behavior of children. They are trying to learn about something their body has produced. Calmly explain that a stool goes in the toilet. Help him put it there and flush the toilet. Also, help your toddler wash his hands after he has used the toilet. Avoid being hysterical or showing disgust if your child wants to play with his elimination. You want to teach him that elimination is natural.

It cannot be emphasized enough that you should not force your child to use the toilet too early. Be calm. Let him watch other children. Work on dressing and hand washing. Six months or more from now, your child will learn more easily.

Look Forward To —

Discipline, tips on safety and health, food and nutrition, and activities in *Issue 2 of Toddler Tales, 16-18 Months.*

Need Some Additional Information?

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Cooperative Extension Service
Durham, NH 03824
University of New Hampshire

16-18 Months
Issue 2

TODDLER TALES

Mary W. Temke, Ph.D.
Extension Specialist, Human Development

Dear Parent:

Discipline

Have you ever heard the expression, "Say what you mean and mean what you say."? This expression is very important to remember when communicating with children.

If you walk into the living room and find your toddler ripping up a book, do you say, "You are a *bad* boy!"? What you *probably mean* is, "When you rip up your books, I get angry! Books are for reading, not tearing.".

Describe to your child the actions which cause you to feel angry or sad. Try saying, "When you touch the TV, I become angry because I'm afraid you will break it.", "When you run toward the street, I get scared because you may get hurt.", "When you pull the cat's tail, I get angry because you hurt him." rather than, "You are a naughty child.", "You are so bad.".

When you say what you mean, your child learns which actions or behaviors upset you. This helps him learn what you will not allow him to do. Be sure, however, to tell your child what he *can* do. "You *can* turn the knobs on your toy TV set.", "You *can* run around in the back yard.", "You *can* pull the string on your toy."

Let's look at another example of saying what you mean. Have you ever said to your toddler, "How about taking a nap?" He probably responded, "No.", and you probably became angry! But were you really saying what you mean? You gave your child a choice when there was no choice. What you meant to say was, "It is time for your nap." If there is not a choice, say exactly what you want done.

When disciplining children, try always to : 1. praise good behavior, 2. ignore problem behavior, and 3. redirect your child to activities which you approve of.

When you do set a limit or a rule, carry through with that rule every time. For example, the rule is, "No jumping on the living room couch.". One evening, when you have company, your toddler begins to jump on the couch. When you say, "No.", he has a temper tantrum. You become embarrassed and allow him to jump. What you have taught your child is that "No." means "No." only sometimes. A good temper tantrum may change the "No." to a "Yes.".

Once you've decided what is important to you, set your rule and stick by it. The more predictable and consistent you are, the faster your toddler will learn your rules and stop testing them. In summary:

- Have only a *few* rigid rules.

Say What You Mean.

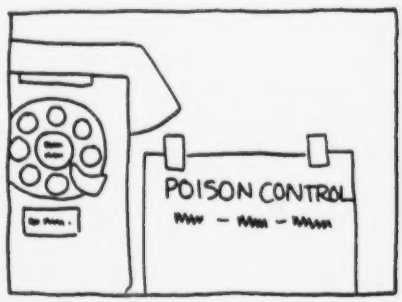
- Say what you mean.
- Mean what you say.

Tips

Safety

- Not all household plants are harmless. Some are poisonous. Infants and toddlers explore things by putting them in their mouths. Check to see that your plants are safely out of your child's reach. If she accidently eats one of your plants, call your Poison Control Center number immediately. Tell what kind of plant it is or describe it. If you take your child to a doctor or hospital, take along a couple of leaves and part of the stem or root of the plant so the doctor can know how to treat your child.

The New Hampshire Poison Control Center number is 1-800-562-8236



Health and Medical

- When your child is 15 months old, she should have shots for mumps, measles and rubella. When you schedule her 18-month check-up, a booster shot for diphtheria-pertussis-tetanus (DPT) and the third polio vaccine will be given. Be sure your child receives these shots and oral vaccines.

- Children enjoy playing in water and sometimes play in the toilet bowl. This is both dangerous and unhealthful. Instead, put an inch or two of water and several plastic cups, measuring cups and spoons in a dishpan. Put the dishpan on top of newspapers and let your child play. She will enjoy filling the cups and pouring the water!

Food And Nutrition

Mealtimes

One of the first steps your child takes in the journey from infancy to adulthood is the struggle for independence This development is demonstrated in many ways. He will usually want to feed himself, often before he has the eating skills to match.

Self-feeding helps your child to express independence, develop a sense of self and practice motor skills.

But your toddler's eating skills still aren't perfect so some mess is to be expected along with the practice. For now, let him eat by any method. Perfect table manners can be taught when he is older and has better control of his hands.

Children may also assert their independence through various eating behaviors which seem specifically designed to worry parents.

Food Jags

Food jags, or episodes when your toddler will eat only one or two foods, are common at this time. Luckily, they are frequently short-lived. Eating behavior usually returns to normal fairly quickly if a variety of foods is made available but not pushed.

If your child eats only one or two types of food during mealtime, try smaller portions or reduce between-meal snacks. Hunger is a natural urge. After a day or so, he will most likely begin to try more foods.

Rituals

Rituals frequently emerge at this time as a way for children to exert some control over their lives. Some mealtime rituals are: always eating foods in a certain sequence and not allowing different foods on the plate to touch.

Don't be alarmed if your child's *appetite varies* from day to day or meal to meal. It is not unusual for a child to feel full on one tablespoon of food one day and be starving the next.

Let the meal end when your child stops eating. If you invite him to taste a little more and he refuses, calmly end the meal. Keep the mealtime pleasant.

Likes and Dislikes

Finally, most toddlers have very definite *likes and dislikes*. They frequently refuse new foods as another way to assert independence and develop a sense of self. Although these behaviors are worrisome for you, they probably will not hurt your child nutritionally. In fact, the more often your child is forced to eat, the more likely it is that mealtimes will turn into battles. Keep a relaxed attitude. Knowing what to expect of him and offering a wide variety of foods are good ways to avoid serious feeding problems in the long run.

Activities

Your toddler understands and recognizes a lot at this age. You can help her vocabulary grow by giving her experiences in a wide range of situations. You can also help by naming the things she sees and does. Here are some games which may increase your toddler's language skills.

Game 1 - Show Me!

Show me! Keep a supply of old magazines with lots of colorful pictures. Sit with your child and look at the pictures together. Ask her to point to the pictures. ("Show me the woman, the dog, the cake...") Let your child turn the pages if she wants to.

Game 2 - You Do It!

You do it! For this game you need a doll or stuffed animal and a block. You make the doll "do " things and then ask your toddler to do the same thing with the doll. For example:

"I'll make the doll sit. Now you do it."

"I'll make the doll lie down. Now you do it."

"I'll make the doll sit on the block. You do it."

"I'll put the block on the doll's lap. You do it."

You can also use this game to foster language. Choose a sound or word you want the child to say: "ma" or "da" or "bye-bye." Repeat it several times, then say,"You do it.". Praise the child and smile if any attempts are made. Keep these lessons short so that neither of you becomes frustrated!

Game 3 - Family Pictures

Family picture album: If you have snapshots of family members, your house, car, pets and other people and things familiar to your toddler, glue* them into a notebook or album. Go through it with her and ask her to point as you name the pictures. Later, you can ask your toddler to name the pictures for you.

*Be sure to use a glue which is not toxic to children.

Look Forward To —

Physical development, language development and personality development in *Issue 1 of Toddler Tales, 19-21 Months.*

Need Some Additional Information?

If you have questions about your toddler and have not been able to find the answers, please call the Home Economist at your county Cooperative Extension Service. You will be helped directly or put in contact with people who can answer your questions.

Adapted from *You and Your Baby,* The Pennsylvania Cooperative Extension Service; *Crib Courier,* The Arizona Cooperative Extension Service; *Nourishing and Nurturing Two-Year-Olds,* New York Cooperative Extension Service.

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Cooperative Extension Service
Durham, NH 03824
University of New Hampshire

19-21 Months
Issue 1

TODDLER TALES

Mary W. Temke, Ph.D
Extension Specialist, Human Development

Dear Parent:

Physical Development

At the beginning of this three-month period your toddler is probably walking without falling, walking up stairs with his hand held and pulling or throwing a toy.

By the end of 21 months, he may be so at ease in maintaining his balance that he squats without falling. Instead of toppling over, he can squat for short periods of time to play with a toy. Your child may also be able to kick a ball across the floor. And he just seems to love to move his body! Put on a record and dance, hop and run with your child. Ten to one, you won't be able to keep up with him!

Your toddler's small muscles are also developing. He will begin to stack toys other than his blocks. Building small towers with boxes, cans or stacking rings will be fun as he gains more control over his fingers and coordinates his eyes and hands.

Although your toddler has no trouble throwing his toys, he may be having difficulty releasing an object when he wants to. Remember when you went bowling for the first time and the ball went bouncing down the alley? It took time to learn when and how to release that big, heavy ball. Your child also needs time to learn how to release objects he is holding. Give him bean bags and soft toys which he can pick up and then release.

How Does Your Toddler Grow?

Language Development

Have you been noticing some big changes in your child's language development? Before she was 18 months of age, your child probably babbled a great deal and didn't often try to communicate with you through words. By the time she is 21 months, however, she may be saying 20 words or more. These words may not sound correct, for example, milk may be "mook," juice may be "jou," and water may be "wah." But, she is letting you know with words what she wants. Just remember, when talking to your child, pronounce words correctly rather than using baby talk or the "cute" words she is using. You are a model for her, and it won't be long before you will hear her use two-word sentences such as, "Daddy home." "Dolly wet." or "Me do.".

Personality Development

Do you sometimes find toddlerhood to be a frustrating time for both you and your child? Toddlers are struggling between wanting to do things for themselves and

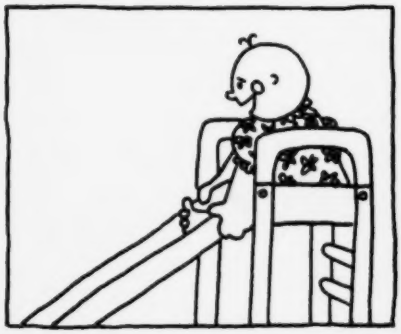
wanting Mom and Dad to do things for them. There is no magical way of knowing when a toddler's "No." means "No." and when it means "Yes, help me."

Keep two things in mind: 1. remain calm and patient with your child, and 2. allow plenty of time for dressing, eating, bathing and other self-help routines. As your toddler grows physically, he will be able to do more things for himself. Here are some ways you can help your toddler become independent:

Self-help

- Have low shelves or drawers for your toddler's toys and clothes so he can reach them without your help.
- Put a coat rack at his height and have him practice hanging up his coat.
- Give your toddler little chores he can do. He can carry silverware to the table. Invite him to dust and to fold clothes with you. Many toddlers are fascinated by vacuum cleaners and enjoy pushing one back and forth on the rug. You can invite him to take turns doing this with you.
- If you haven't provided your toddler with a toothbrush, washcloth and towel of his own, do it now.
- Put a sturdy stool by the sink so your toddler can wash, comb hair and brush his teeth without falling.
- At dinner time, concentrate more on letting the child feed himself than on table manners. Expect spilled milk! But if you put only a small amount of milk in the cup, you have less to clean up! Besides, the toddler will be able to handle the cup better if it is only partially filled.
- In order to help your child understand what is going to happen in his life, set up routines for him. For example, always wash hands before meals and at bedtime, always take a bath, get pajamas on, brush teeth, read a story, sing a song and then put the lights out.
- Does your toddler say "No." when you tell him it is time to wash up for dinner? Try telling him 5 minutes *before* it is time to clean up. "Very soon you will need to wash up for dinner." In that way he can finish what he is doing and be a *little* more tolerant when you ignore his "No." and help him wash up!
- Praise your toddler on the rare occasions when he remembers the routine before you have to tell him! Ask him, "What do we do before we eat?". When he either says "wash" or goes to the sink, give him a round of applause and a hug. You are teaching him memory skills!

Playing With 'The Big Guys'



At 18 months, your toddler is trying to act very grown-up! When she is with older children, she may want to play with their toys or do what they are doing. This may cause problems. Older children will often tell toddlers to go away and may push them away. Or your toddler may follow older children into dangerous situations, such as walking in front of a child on a swing or toddling in front of the pitcher just as she pitches the ball.

As a parent, you will need to find a balance between being too protective of your child and not being protective enough. Here are some points you might want to think about:

- When older children push your toddler away, don't rush in to defend him if he is not hurt. Next year you may see your toddler doing the same thing to younger children. For now, have a couple of favorite toys to distract him if he does not leave the older children alone. Most of the time, children of different ages will work out disagreements without adult interference.
- Toddlers need adult supervision. This is especially true in outdoor play. Just as you baby-proof your home, you should check playgrounds and yards for broken glass, empty cans, broken playground equipment and other objects which might be dangerous for your child.
- Always supervise your child around moving play equipment such as swings and teetertotters and around slides — wherever your toddler might climb and fall or be hit by moving equipment.

- Get buckets and shovels and spoons and cups for your toddler to use in a sandbox. Be sure to check the sandbox for broken glass and sharp objects. Young children like sand play almost as much as water play.
- The main point to remember is that you should be present to watch your child to see that he is not hurt. If possible, get together with other adults who have children about the same age as yours. Your child will enjoy playing with someone his own size. And you can use the time to visit with the other adults. You probably will be relieved to find out that other families are having some of the same problems you are having. Also, you probably will learn some new tips for handling your toddler.

Look Forward To —

Discipline, tips on child care, food and nutrition, and activities in *Issue 2 of Toddler Tales, 19-21 Months.*

Need Some Additional Information?

If you have questions about your toddler and have not been able to find the answers, please call the Home Economist at your county Cooperative Extension Service. You will be helped directly or put in contact with people who can answer your questions.

Adapted from *You and Your Baby*, The Pennsylvania Cooperative Extension Service; *Crib Courier*, The Arizona Cooperative Extension Service; *Nourishing and Nurturing Two-Year-Olds*, New York Cooperative Extension Service.

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Cooperative Extension Service
Durham, NH 03824
University of New Hampshire

19-21 Months
Issue 2

TODDLER TALES

Mary W. Temke, Ph.D
Extension Specialist, Human Development

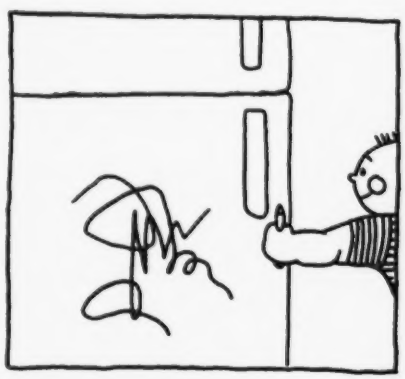
Dear Parent:

Discipline

Paying Attention To 'Good' Behavior

Do you pay attention to your toddler when she is doing what you want her to do? Or do you pay attention to her when she is doing something you *don't* want her to do?

In other words, do you mainly talk to her when she is scribbling on the walls with ink pens or scratching your furniture with her favorite toy truck? Or do you mainly talk to her when she is playing quietly with her toys and not getting into trouble?



Keep in mind that your attention is very, very important to your child. If you want her to play with her toys in a way which pleases you, pay attention to her when she is doing this. "Hi! You are playing with your trucks! Let me see you push them!"

If you only pay attention to your toddler when she misbehaves, you will be teaching her that in order to get your attention, she has to tear a book or break a toy or write on the walls. So, let your toddler know when she is pleasing you.

Agree On The Rules!

If the adults in a child's life agree about what she can and cannot do, she will learn the rules quickly. For example, one parent may believe that *eating something* at mealtime is the most important rule, while the other parent believes that *proper table manners* is most important. In this case, the child will be confused as to what is expected from her. A good practice for parents is to talk at least 1 hour a week about how they are raising their child, where they agree and disagree and what compromises they can reach when they do disagree. Talk in private, not in front of the child.

Giving Choices

Do you sometimes dislike making a decision? Is it easier to allow others to make decisions for you? Many adults have trouble making decisions (and taking the responsibility for the choices made) because they have not had opportunities to make decisions as a child.

You can begin to teach your child how to make decisions when she is a toddler. For instance, if she is climbing onto the coffee table, you might say, "You make marks on the coffee table when you climb on it. I can't allow you to do that. You may either climb onto your big wheels or help me dust the funiture." Give your child only 2 specific choices rather than saying, "Go find something else to do.". Also, try to make the choices similar to what the child is doing. In other words, climbing onto the big wheels and dusting are *active* things to do versus looking at a book or watching TV which are *quiet* activities.

Tips

Child Care

Your toddler is probably still very upset when you leave him with another person. If only one person sits with your child, he may not mind so much when you leave.

When you do have a new person baby sit, ask the babysitter to come early so your toddler can warm up to the person. When you leave, tell the care-giver: 1. where you will be, 2. how you can be reached, 3. when you will be back, 4. the phone numbers of your doctor, the hospital and the Poison Control Center in your area (1-800-562-8236).

If you need child care for extended periods of time, here is a list of questions and suggestions of what to look for in a day care center, family day care home or preschool setting:

1. Is the home or day care center clean and safe? Is it as child-proof as your own home?
2. Are there safe toys available for children to use?
3. Is there a separate room or quiet corner for sleeping?
4. Is there a fenced outdoor area with some toys and swings?
5. What is the staff-to-child ratio? Is there 1 adult for every 4 infants of ages 1 week to 12 months? Is there 1 adult for every 5 children of ages 13 to 24 months? Is there 1 adult for every 6 children of ages 25 to 36 months?
6. Does the care-giver or day care center allow you to visit and watch your child with or without calling in advance? If at all possible, always watch for a couple of hours or even a full day or for several days when you first take your child to a new care-giver.
7. Have the adult care-givers had medical examinations to ensure they are healthy enough to care for young children?
9. Ask how care-givers handle behavior problems. Are their techniques similar to those about which you have been learning from reading? Are their techniques similiar to the methods you use when handling behavior problems?
10. Do the care-givers listen to your suggestions and answer your questions?
11. Do they have a telephone to contact you or others in case of emergencies? Do they have the telephone numbers next to the phone of the police, fire and ambulance?
12. Do the care-givers talk with parents about the children's day when parents come to pick up their children?
13. Is the center licensed with the New Hampshire Department of Health and Welfare?
14. Is there a parent's support group, if this is of interest to you?

The second year of life is an important time in your child's life as he struggles to become an independent person. If you need full-time care for your child, try to arrange a special time every day for your toddler (and your other children, if you have more than one) and you. You are still the most important person in your child's life. Take that special time each day to read together, play, go to the playground — whatever activity you like doing together. This will help show your child just how much you love him.

Food And Nutrition

New Foods

Food preferences are learned. In general, the more often children are exposed to a food, the greater the chance they will try it and learn to like it.

You have a tremendous opportunity to foster good attitudes toward food in your toddler. There are many ways to encourage food acceptance and build good eating habits in this age group.

- Take advantage of your child's natural interest in food by encouraging exploration of new foods but don't be upset by occasional rejections. After all, everyone is entitled to a few food dislikes.
- Introduce new foods one at a time and in very small amounts, along with familiar foods. If a food is refused, try it again later or incorporate it into other dishes.
- Try a wide selection of foods. Children can handle many different foods, especially if they are chopped or sliced into finger-food sizes. Food can offer many interesting colors, textures, tastes, smells and sounds to the younger eater. Remember, though, that your child will still need close supervision because of the possibility of choking on small pieces of hard foods.

Some foods to be cautious of are nuts, seeds, fruit pits, meat with bones, grapes, raisins, hot dogs and any other small, firm pieces which can get stuck in your child's small windpipe.

Finger Foods

The easiest foods for the new eater to handle are those that can be cut into "finger foods." In fact, this is the time of the child's life when finger foods will probably be the mainstay of the diet. Some popular finger foods are:

- soft raw vegetables like cucumbers and most cooked vegetables, whole or cut into sticks or slices
- soft fruit chunks, slices, wedges or sections
- hard-boiled egg slices
- cheese strips
- bite-sized pieces of soft meat, poultry and tuna
- quarter slices of bread, whole-grain muffins
- boiled potato chunks
- cooked noodles.

Activity

Part of learning language is learning to group together similiar things and to tell the difference between things. Here are some games to develop this skill:

Game 1 - Sorting!

Sort the laundry: The laundry can be divided in many different ways — by color, by article of clothing, by the person to whom it belongs (dad's shirt, baby's rompers), by the room in which it goes. Let the toddler help you sort it. Be patient! Even if you have to do it over again, it's a good exercise for your child. Be sure to talk to her about the clothes as they are sorted.

Game 2 - Naming!

Body part naming: This is like the "Show me." games in the 16-18 months issue of *Toddler Tales*. Start by having the child point to your different body parts ("Where are my ears, my mouth, my hair. . .?"). When she is familiar with all of these, you can expand the game by talking about what the body parts do — "What do we see with?". Nose and ears may be pretty hard since she can't connect these parts with what they do.

Game 3 - Button, Button!

Button, button, where's the button?: Select three cans of different sizes, and, if possible, different colors. (You can cover the cans with colored construction paper.) Put a large button or other object under one of the cans while the toddler watches. Be sure these objects are large enough so that she cannot swallow them. Then shuffle the cans around and ask her to find the object. Be sure to use clues to help your toddler tell the difference between cans ("I'll put it under the blue can." "Is it under the middle can?").

Look Forward To -

Physical development, language developement, and personality development in *Issue 1 of Toddler Tales, 22-24 Months.*

Need Some Additional Information?

If you have questions about your toddler and have not been able to find the answers, please call the Home Economist at your county Cooperative Extension Service. You will be helped directly or put in contact with people who can answer your questions.

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Durham, NH 03824
University of New Hampshire

22-24 Months
Issue 1

TODDLER TALES

Mary W. Temke, Ph.D.
Extension Specialist, Human Development

Dear Parent:

It may be very hard to think of your toddler as a baby now that she is walking, talking a little and into everything! Your 22-month-old child is making the transition from infancy to childhood!

How Does Your Toddler Grow?

Physical Development

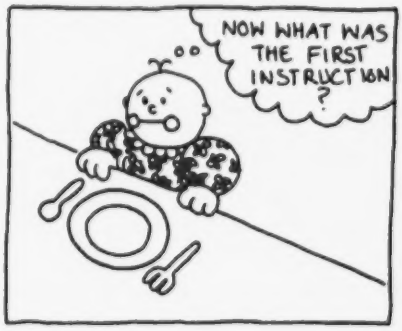
Now that walking is just about mastered, your toddler is probably involved in actions which require more balancing — going up and down stairs, jumping, standing on one foot, kicking balls.

She also is better able to control small objects with her hands and fingers. Rather than grabbing a crayon with her whole fist, she may begin to hold it somewhat the same way as you hold a pencil. As your child gains more control over her muscles and as her hand-eye coordination improves, she will be better able to dress, eat and toilet herself.

Language Development

Following Instructions

Imagine the following situation: you say, "Son, put away your toys, wash your face and hands and get up to the table for supper!" Your child heads directly to the table without putting away his toys or washing. You become angry and feel that your child is disobeying you.



In this situation, your child *is* obeying you. The problem is that 3 instructions were given in 1 sentence. Your toddler has forgotten the first 2 commands! He only remembers "... and get up to the table for supper!"

You might try giving only one instruction at a time, saying, "Pick up your toys." After that is done, ask him to wash his hands and face. When washing is completed, tell him to sit at the table.

Keep instructions simple and ask only one thing at a time.

Learning Language

Here are some things to keep in mind as you help your child learn language.

- Avoid using baby talk. Speak clearly to your child in short, simple sentences.

- When your child asks for something by pointing or grunting, give him the correct name of the object and ask him to repeat it before you give it to him. Don't insist on perfection. Reward his attempts.
- Read stories to your toddler. Ask him simple questions about the story, for example, "What is the name of the dog?". Your child may sometimes be happier if you tell him the story and point out pictures in his book, rather than reading the story word-for-word.

Personality Development

"Mine, Mine!"

Your 2-year-old is beginning to understand the pronouns "Yours." and "Mine.". "Mine." is a favorite word of the toddler. You probably hear it frequently, especially when your child is playing with other children. While shouting "Mine.", he may be trying to wrestle a toy out of the hands of a playmate. Or, the "Mine." may be followed by shrieks and angry cries as he loses the battle for the treasured toy!

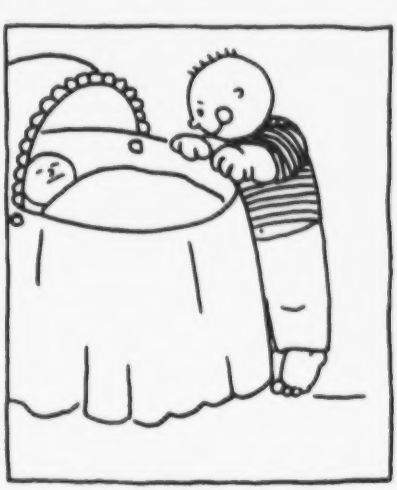
Young children cannot share since they have not developed enough, either socially, mentally or emotionally. Your child only knows how *he* feels and what *he* wants. He cannot "empathize" or imagine that another child's feelings are different from his own. So, have more than one toy available when toddlers play together!

You may think that your child is going to grow up to be self-centered and selfish! But don't worry, his behavior is very typical. Some toddlers may even begin to show behaviors that we, as adults, relate or associate with sympathy and concern for others. If you bump your head and yell "ouch!", your toddler may run to you and say, "Mommy hurt.". He may even want to kiss you! He can't imagine the pain that you are feeling at the time. But your toddler is beginning to learn what to do when someone is hurt! He is doing what he has seen you do when he is hurt.

As adults, we may expect our toddlers to share their toys. But it will be many years before your child can share "graciously" with others! In the meantime, share things with your toddler so he begins to understand the idea of sharing.

Big Sister, Big Brother!

Your 2-year-old "baby" may soon become the "big brother" or "big sister." When you and your new baby come home from the hospital, your toddler may show her jealousy by acting like a baby herself! Here are some things which might help your toddler to adjust:



- Before your child is born, get a doll and bottle for your toddler. Practice feeding the doll"baby" so she learns about being gentle. Use small pieces of cloth scraps for diapers so she can practice changing diapers.
- When the new baby does come home, let your toddler help you get things ready for the baby's bath, for changing the baby and doing the baby's laundry. Show her how happy you are when she helps you. She will feel like an important part of the family.
- Remember to spend special time with your toddler when the baby is asleep. Read, play and do fun things together.
- Do not punish your toddler or call her a bad girl if she attacks the baby. Make yourself explain calmly that babies need special gentle care, that she must not hurt the baby and that you still love her as much as you do the baby.
- If the new baby is receiving gifts from friends and relatives, your toddler will probably be quite jealous! Having a few surprise gifts for her may ease the pain!

If you remember to take some extra time each day to play only with your toddler or perhaps take her on a special outing, she will learn that the baby has not taken her place in the family and that you still love her, too.

Several signs will indicate that your child is getting ready to learn about going to the toilet. Watch him for these signs:

Toilet Training

- Can he pick up a raisin between the thumb and forefinger? Control of the small muscles in the hands indicates that the bowel and bladder muscles have also developed; children cannot control their bowels and bladder if they do not have this finger control.
- Does your toddler have a set of words for urinating and moving his bowels? Or does he indicate consistently that he is wet or needs his diaper changed?
- Is your child dry for periods of at least 2 hours at a time? If not, do not try to train. Your child is probably not physically ready.
- How good is your child at undressing and dressing himself? You can always dress the child yourself. But the more your child can do by himself, the easier toilet training will be for both of you.
- How well does your child understand and follow instructions? If you think your child understands what you ask but refuses to cooperate, toilet training could turn into a battle. It might be better to wait until your child is more cooperative.
- The better your child can talk and understand, the more likely toilet training will be easy.

If you have reviewed this list and think your child is ready, here are a few beginning tips for teaching toilet training:

- Let your child see brothers or sisters or yourself use the toilet. Toddlers probably learn most of their skills by seeing someone else do them first and then trying to imitate.
- Borrow or buy a doll which wets and play with your toddler, showing him how the "dolly goes to the potty."
- Let your toddler practice sitting on the toilet with his clothes on so he gets the feel for sitting on the toilet.

The important point to remember is not to pressure your child about toileting or to begin too early. If you are casual, relaxed and show enthusiasm and approval when your child does have initial success, things will be easier on both you and your child. Successful toileting probably will be faster, too. If you have additional concerns about toilet training, you may want to talk with your pediatrician.

Look Forward To —

Discipline, tips on health, food and nutrition, and activities in *Issue 2 of Toddler Tales, 22-24 Months.*

Need Some Additional Information?

If you have questions about your toddler and have not been able to find the answers, please call the Home Economist at your county Cooperative Extension Service. You will be helped directly or put in contact with people who can answer your questions.

Adapted from *You and Your Baby*, The Pennsylvania Cooperative Extension Service; *Crib Courier*, The Arizona Cooperative Extension Service; *Nourishing and Nurturing Two-Year-Olds*, New York Cooperative Extension Service.

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Published and distributed by the University of New Hampshire, Durham, N.H., Peter J. Horne, Director of Cooperative Extension Service, in furtherance of the purposes provided for in the Acts of Congress of May 8 and June 30, 1914, the United States Department of Agriculture cooperating.

Cooperative Extension Service

Durham, NH 03824

University of New Hampshire

22-24 Months
Issue 2

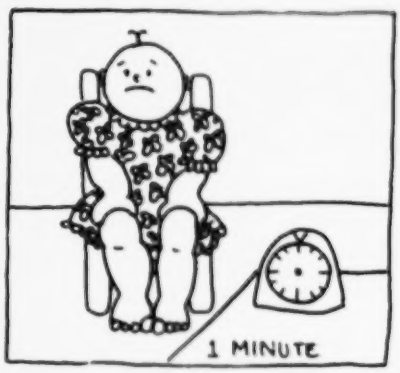
TODDLER TALES

Mary W. Temke, Ph.D.
Extension Specialist, Human Development

Dear Parent:

Discipline

Redirect Your Toddler



Does your child sometimes hit you or break something if things are not going her way? There may be several reasons why she hits like this. Perhaps she is frustrated because she is struggling with language but cannot make herself understood. Perhaps she is frustrated because so much is expected of her — to eat, drink, dress, wash, brush teeth and go potty all by herself. That is a big order for such a young child. Another reason might be that she's seen others hit, and she is imitating. Whatever the cause, do not hesitate to stop the hitting. But think carefully about how you might stop it. For example:

- Do not hit the child back. You might teach her that it is "ok" to hit as long as she is bigger than the person she hits.
- Try redirecting the child to a different activity, and ignore her hitting, that is, do not lecture or scold her.
- As she understands more language, you can name what she might be feeling along with redirection. You might say, "I know you are upset or angry, but you may not hit. You may play with your blocks or with your doll. Which would you like to play with?". (Give her a choice.)
- You might have a special chair or room where you can carry your toddler or ask her to go to "calm down so you can play without hitting." If you use this type of tactic, make the time *very* short — 1 or 2 minutes at the longest.
- The concepts of right and wrong are still not understood by your toddler. She knows when you are pleased or displeased with her. By the time she is 5, 6 or 7 years old, she will have the idea that some things are right and others are wrong. For now, you need to be consistent so she learns the rules.

Food and Nutrition

Nutrition for Growth

Vegetable and Fruits (4 servings daily)
Serving size: ½ apple
2-4 tablespoons vegetables
½ cup juice

Milk and Dairy Products (3 servings daily)
Serving size: ½ cup milk or yogurt
1 ounce cheese

Grains (4 servings daily)
Serving size: ½ slice bread
2-4 tablespoons cereal or rice or pasta

Protein Foods (2 servings daily)
Serving size: 1-2 ounces meat, chicken or fish
2 tablespoons peanut butter
⅓ cup cooked dried beans

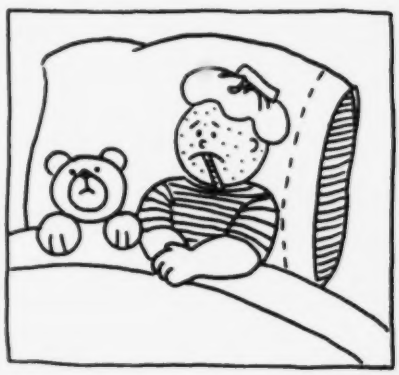
Water 4-5 small glasses a day

Even though these serving sizes seem small to you, remember that 2-year-olds have small stomachs and appetites. They can't eat a lot of food at one time. It is best to serve a small portion and let your child ask for more if he is still hungry. He will accept food best if you divide it into many small meals and snacks throughout the day rather than at 3 big meals. Make sure the snack foods you offer are just as nutritious as the meals.

Tips

Health and Medical

- As your toddler gets out with other children, you may expect him to get more colds, infections and, possibly, chicken pox. If he gets any of these illnesses, be sure you check with your doctor before administering any medicines or home remedies.
- Carefully lock up all your medicines, cleaning solutions and other poisons. Keep the telephone number of your nearest poison control center on or near your phone. The New Hampshire Poison Control Center number is 1-800-562-8236.
- Remember to child-proof your outside play areas just as you do your house. Remove broken glass, nails, tin cans with sharp edges, sharp rocks and other dangerous items.



Activities

Game 1 - Matching!

Get together several old magazines. If you have friends who have subscriptions to the same magazines, try to get 2 copies of each issue. Cut out the same picture from each of the identical issues. Paste these pictures onto pieces of cardboard. Divide the picture boards into 2 sets. You put 1 picture on the table and ask the child to find 1 from her pile which is just like yours. This is like playing dominoes.

You can practice naming the objects on the cards which you are holding. You can talk about colors. You can talk about what you do with a boat or an apple. Use the pictures for all of these things in addition to the matching game.

Children 21 months old need lots of action! Here are some games that might help burn up energy on rainy days.

Game 2 - Simon says!

Simon Says: A toddler can follow simple one- and two-step commands. Give a verbal command and then praise your child for following it or act out a simple action and have her imitate. For example:

Simon Says: Put the book on the table.

Simon Says: Go to your room and get your teddy bear.

Simon Says: Do this (Pat yourself on the head.).

Game 3 - Scribbling

Scribbling: Art is becoming important to your child. At this age the action of drawing or scribbling is much more important than the picture she draws or the end product. Your child needs to practice the drawing movements which will help her learn to write when she is older. Provide your child with large sheets of paper (Let her scribble on old newspapers!), fat pencils or crayons and a work table which won't be damaged if she marks off the edge of the sheet. (Put newspapers underneath if accidents do matter.)

Game 4 - Catch

Catch: Sit on the floor facing your child with legs spread and feet touching so there is an area between you which is closed off by your legs. Roll a small ball the size of a tennis ball or softball back and forth between you.

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